

BOILIN' BAKIN' IN BOOGAR HOLLOW

A COUNTRY COOKBOOK



GRANMAW'S AVERAGE DAY

Git outta the bed fore the sun cums up 'n build a
fire in the stove.
Go milk the cow 'n put the milk in the springhouse.
Dress the chillun feed Paw 'n them.
Carry enuff water from the well to drink 'n
wash wid feed the chickens.
Heat sum water on the stove 'n wash the dishes.
Build a fire under washpot outdoors ... boil the
dirty clothes ... scrub 'em 'n hang 'em on the line.
Churn sum buttermilk 'n make the butter.
Change the baby ... 'n make a batch of hominy.
Fill the lamps, clean the lamp chimneys 'n trim
the wicks iron a few clothes.
Rest a little whilst shellin' peas.
Hoe 'n weed the garden 'n carry sum ripe
vegetables back to the cabin.
Check out house 'n go hunt 3 yr. old son.
Take sic Mandy Lou sum soup on the next farm
'n gather sum herbs to doctor wid later on.
Make the beds, sweep, dust, 'n mop mud off'n floor.
Sit down a spell 'n shell sum butterbeans.
Go see why 2 yr old twins are screamin'.
Gather sum pears 'n make sum preserves.
Git the aigs outta the nests 'n git the goat
outta the garden.
Feed the dogs, slop the pigs 'n milk cow agin.
Carry enuff water in fur the family, to
wash wid 'n make sum dough sos hit'll
rise by mornin'.
Wash the chillun ... put 'em to bed 'n read
from the Good Book.
Relax a mite in the rockin' chair whilst
a'mendin' a few clothes.
Bathe an look prutty fur Paw..
... 'n we almost forgot
..... cook 3 meals a day!

DEDICATION

TO OUR FOUR MAMAS WHO MADE EVERY MEAL AN EXPERIENCE AND WHO STILL KEEP US IN AN OVERWEIGHT CONDITION.

MARY, Lydia, DEANE 'N TEEN

(AND WHO MANAGED TO HOLD ON TO THEIR MOTHERS 'N GRANDMOTHERS RECIPES FROM WHICH THE MAJORITY OF THIS BOOK WAS COMPILED!)

FOREWARD

MOUNTAIN WOMEN WERE HAPPY, BUSY FOLKS. THEY WORKED FROM SUN-UP TO SUN-DOWN WITH AN ENTHUSIASM THAT CAME FROM BEING AN INDISPENSIBLE 'N NECESSARY PART OF THE HOUSEHOLD. THEIR DAY LEFT LITTLE TIME TO GOSSIP 'N MIND OTHER FOLKS BUSINESS, NOR DID IT ALLOW THEM TIME TO FEEL SORRY FOR THEMSELVES; HOWEVER, THEY DID HAVE THE TIME TO BE THANKFUL THAT THEY WERE HEALTHY, HAVE A HUSBAND TO PROTECT THEM, ABLE TO BEAR CHILDREN, AND FIT TO DO THE WORK THAT HAD TO GET DONE FOR SURVIVAL.

WITH ALL THEIR OTHER DUTIES, THEY WERE ABLE TO COOK MEALS THAT WERE THE HIGHLIGHTS OF THE DAY FOR THEIR FAMILY. THIS COOKING WAS DONE BY INSTINCT, TRIAL AND ERROR, AND BY "A SWAPPIN" OF RECIPES, AND IT IS OUR DESIRE HERE "TO SWAP" SOME OF THEIR RECIPES WITH YOU.



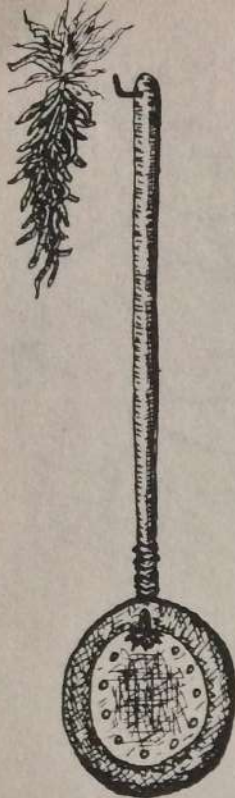
LAVONIA'S Biscuits

3 cups flour
 2 tsp. bakin' powders
 1 tsp. salt
 1 tsp. sugar
 2/3 cup buttermilk
 3 tbsp. shortnin'
 1 tsp. sodie

Sift EVERYTHING TOGETHER THAT'S SIFTABLE.
 NOW CUT IN YO SHORTNIN. BLEND IN THE MILK
 TO MAKE DOUGH SOFT. DUMP THE DOUGH ON
 SUMP'N THAT'S GOT FLOUR ON IT 'N PLAY
 AROUND WID HIT FUR DOUT A MINUTE.
 ROLL HIT OUT, THEN CUT WID A GLASS 'R
 SUMP'N. BAKE AT DOUT 475° FUR VOUND
 10 MIN. ON AN UNGREASED PAN.

OLE TIMEY SCHOOL LUNCH

PACK A BATCH OF THESE COLD BISCUITS WID
 A SMALL JAR OF MOLASSES. AT LUNCH, THE
 CHILLUN POKES A HOLE IN THE BISCUITS WID
 THAIR FINGER 'N POURS THE SYRUP IN. FUR
 VARIETY GRANDAW CARRIED BISCUITS WID
 BUTTER 'N SUGAR IN 'EM.



Miz Bodiah's BANANA BREAD

- 4 squoshed BANANAS
- 2 cups flour (sift w/ 1 tsp sodie)
- $\frac{1}{2}$ cup SWEET SUGAR
- $\frac{1}{2}$ cup LITE BROWN SUGAR
- $\frac{1}{2}$ cup chopped up NUTS
- 2 +bsp. APPLE SAUSE
- $\frac{1}{4}$ LB butter
- 2 HEN AIGS



CREAM BUTTER, SUGAR... THEN ADD EVERY-
THANG ELSE BUT FLOUR 'N MIX. NOW ADD
HIT SLOWLY WHILST MIXIN'. BAKE FOR
'BOUT AN HOUR AT 325°.

COUSIN MARY'S ROLLS

- | | |
|-----------------------------|-------------------------|
| 1 CUP WARM WATER | 1 YEAST CAKE |
| 1 AIG (BEAT UP) | 1 CUP WARM MILK |
| 1 PINCHA SALT | $\frac{1}{2}$ CUP SUGAR |
| $\frac{1}{2}$ CUP SHORTNIN' | 1 SIFTER OF FLOUR |

SIFT THE FLOUR IN A LARGE BOWL. MAKE A
HOLE IN THIS 'N ADD MILK, SUGAR, SALT 'N
SHORTNIN'. ADD THE WARM WATER, IN WHICH
YOU DISSOLVED THE YEAST CAKE. NOW MIX
THIS UP REEL GUD 'N KNEAD ON A FLOUR-
ED BOARD FOR A FEW MINUTES. PUT THIS
IN A GREASY BOWL (GREASE DOUGH ON TOP
TOO), COVER 'N PUT IN A COOL PLACE.....
USE AS YOU NEED BY ROLLIN' $\frac{1}{4}$ IN. THICK
ON A FLOURED BOARD, CUT 'N FOLD ON
A BUTTERED PAN TO RISE FOR 2 HOURS.
COOK AT 400°. BE SHORE TO HIDE SUM SO'S
YOU'LL HAVE SUM FOR YOURSELF!

Aunt Rossie sed that many marriages
go on the rocks 'cauz in tryin' to "learn"
his salt, the husband forgets his sugar."

SARA'S SPOON BREAD

1 1/2 cups cow milk
2 FRESH AIGS
1 tbsp. butter

1/2 cup CORN MEAL
3 PINCHES of SALT
1 1/2 tsp. BAKIN' POWDER

STIR CORNMEAL IN ONE CUPPA MILK
'N LET CUM TO BOIL.....MAKIN' A MASH. STIR
TO KEEP HIT FRUM LUMPIN. Add de REST of
de MILK, WELL BEAT UP AIGS, SALT, BAKIN
POWDER 'N MELTED BUTTER.....BEAT HIT
ALL UP REEL gud 'N dump hit IN A PAN
'N BAKE bout 25 MIN. AT 375°.



UNCLE ED'S HUSH PUPPIES

2 CUPS CORN MEAL
1 PINCHA SALT
1 1/2 cups cow milk

1 BEAT up AIG
1 tsp. BAKIN' POWDER
1/2 cup chopped ONION

WAD UP IN BALLS 'N COOK IN
DEEP FAT.

HOE CAKES WUZ MADE
FRUM A CORN MEAL
DOUGH THAT WUZ
CARRIED WID THE
FOLKS WHEN THEY
WENT TO WORK IN
THE FIELD. AT LUNCH
THEY CLEANED THAIR
HOES, PUT THE DOUGH
ON 'EM 'N COOKED
'EM OVER A FIRE.



WHEN FISH FRYS WUZ HELD
THE DOGS SET UP SECH A HOWL
OVER THE SMELL of THEM FISH
A'COOKIN' THAT FOLKS WOULD
THROW 'EM FRIED BITS of
A CORN MEAL
MIXTURE TO
QUIET THEM
'N SAY,
NOW HUSH
PUPPIES.





LENA'S SAUSAGE ROLL

MAKE 2 CUPS OF FLOUR INTO DOUGH 'N
ROLL OUT. NOW PUT SUM GUD OLE
SAUSAGE ON THE DOUGH. ROLL HIT
UP 'N CUT SLICES DOUT $\frac{1}{4}$ IN. THICK.
BAKE AT 450°. STORE WHAT YOU
AIN'T AGONNA USE IN A COLD PLACE.
THIS WILL REALLY GIV YO TUMMY
A TREAT!

CORA'S CRACKLIN' BREAD

2 CUPS CORN MEAL SIFTED 'N MEASURED
1 CUP CRACKLINS BROKE UP GUD.
1 Tbsp SALT
USE JIST ENUFF BOILIN WATER TO GIT HIT
IN THE RITE SHAPE 'N COOK LAK CORNBREAD.
TINY LOAVES OF THIS 'N A GLASS OF COLD
BUTTERMILK WUZ A GUD COUNTRY SNACK.

CORN MEAL MUSH

2 qts. WATER 1 tsp. SALT
YALLER CORN MEAL SIFTED

BOIL WATER... SALT... 'N SIFT IN ENUFF
FRESH CORN MEAL TO MAKE HIT THICK. STIR
A HEAD WID A WOODEN SPOON 'N KEEP
A 'COOKIN' FUR 'DOUT 20 MIN. MORE. WE
PUT BUTTER 'N SUGAR ON THIS 'N
THEN ADDED MILK. THIS SHORE BEAT
THE CEREAL NOWADAYS.

* * * * *
* Bad luck will shore cum to them *
* that lends salt unless they gits re- *
* paid with the same amount of sugar. *
* * * * *





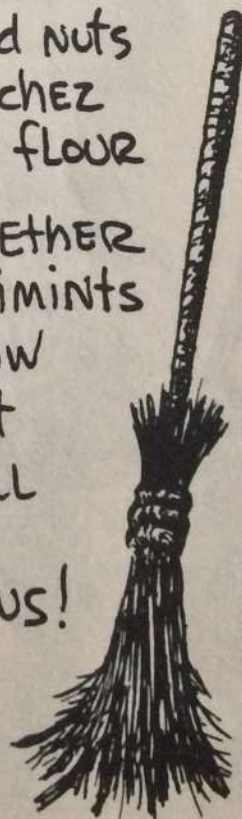
AUNT SOPHIE'S SALT RISIN' BREAD

SCALD 1 CUPPA MILK 'N THICKEN
WID CORN MEAL TO MAKE MUSH.
PUT HIT IN A WARM PLACE WHEN
YOU GOES TO BED. THE NEXT MOR-
NIN', SCALD 2 CUPS OF MILK. LET
COOL 'N THICKEN WID FLOUR... NOW
ADD THE MUSH 'N LET HIT RISE
IN A WARM PLACE. WHILST THIS IS DOIN',
HITS THING, SIFT DOUT $4\frac{1}{2}$ CUPS PLAIN
FLOUR, 1 TSP. SODIE, 1 TSP SALT INTO 1 CUP
OF LARD 'N $\frac{3}{4}$ 'S CUPS OF BUTTERMILK. MIX
THIS WID THE OTHER AFTER ITS RISEN 'N
BUDDLED ENUFF. GREASE SUM LOAF PANS
'N PUT IN DOUGH ENUFF TO FILL JIST HALF
THE PAN 'N LET RISE (HIT'S GONNA DOUBLE
IN RISIN) NOW BAKE (DOUT 350°) TIL DONE.
CARRY A LOAF TO A SIC FRIEND 'N THEY'LL
CLIMB OUTTA THE BED TO GRAB HIT!

MISS DAISY'S CHEZ BISGITS

$\frac{1}{4}$ LB. BUTTER	$\frac{1}{2}$ CUP CHOPPED NUTS
$\frac{1}{2}$ TSP SALT	1 LB GRATED CHEZ
$\frac{1}{8}$ TSP HOT PEPPER	2 CUPS PLAIN FLOUR

SQUASH THE BUTTER 'N CHEZ TOGETHER
GUD. ADD ALL THE OTHER INGREDIMINTS
TO THIS TO MAKE THE DOUGH. NOW
ROLL THE DOUGH TIL HIT'S ABOUT
 $\frac{1}{4}$ IN THICK 'N CUT WID A SMALL
CUTTER. BAKE AT 300° FUR JIST
A FEW MINUTES. THEY'S SKRUMPOUS!



MINNIE MAY'S BAKED GRITS

DUMP 1 CUPPA GRITS INTO 4 CUPS BOILIN' WATER (WID 2 TSP. SALT). COOK TIL THICK, STIRRIN' WHEN YOU KEN. NOW PUT TOGETHER

4 HEN AIGS	1/2 CUP GRATED SHARP CHEZ
1 CUPPA MILK	1 TSP. WORCHESTIRE
1/4 LB BUTTER	LITTLE PEPPER

MIX THIS UP N STIR INTO GRITS.... NOW PORE INTO A BUTTERED UP BAKIN' DISH. SAVE A DAB UF CHEZ TO SPRINKLE ON TOP.

AUNT HANNAH'S HOMINY PATTIES

1 PINT OF COLD BOILED HOMINY
 1 TDSR MELTED BUTTER
 1 TDSR. CRACKER DUST
 1 TSP. SALT

1 AIG
 1 TDSR. FLOUR

MIX ALLA THIS UP TOGETHER, MAKE INTO BALLS, DIP IN BEAT'N AIG, ROLL IN DREAD 'R CRACKER CRUMBS 'N FRY.

MOUNTAIN HOMINY

WE SHELLED EARS OF CORN INTO AN IRON WASHPOT 'N SOAKED IT IN LYE WATER (MADE BY LETTIN' RAINWATER DRIP THRU WOOD ASHES) BOIL 'N THE KERNELS PUFFED UP 'N LOST THAIR SKINS WHICH FLOATED TO THE TOP 'N WERE SKIMMED OFF. SEVERAL WASHINGS WUZ NECESSARY TO REMOVE THE LYE. THE HOMINY WUZ THEN CANNED FUR LATER USE. GRITS AIN'T NUTHIN' BUT GROUND UP HOMINY 'N ONE 'R THE OTHER WUZ ET AT LEAST WUNST A DAY.



Squash Hot Pot

- 1 12 oz fresh squash
- 1/2 cup cow milk
- 6 small onions
- Sliced American chez



Boil squash 'n onion in salt water til tender. Drain water 'n put squash 'n onions in bakin crock..... Kiver wid slices of chez. Pore milk on 'n. Sprinkle wid black pepper. Bake in oven til heated gud 'n the chez is done melted.

Pansy's Turnip Greens

- 1 piece of fatback 'R hamhock
 - 3 lbs. turnip greens salt
 - 3 lbs mustard greens pepper
- COOK MEAT IN A LIL WATER. Whilst hit's a'cookin' clean 'n git the greens ready..... then dump 'em wid the meat. Bring to a boil 'n cook 2 1/2 hours at medium heat atter you salts 'n peppers.

Granny's Pinto Bean Soup

- 1/2 cup chopped onion
- 2 cups cooked pintos
- 2 1/2 cups chick'n stock
- 1/2 cup 'mater juice
- 3 tbs. butter
- garlic
- fresh cream
- salt 'n pepper

COOK ONIONS IN BUTTER.... add DEANS, chick'n stock, SEASONIN' 'n BLEND. Put in SAUCE PAN 'n SIMMER fur 10 min. Add 'mater juice... HEAT 'n SERVE. FLOAT 1 tbs. CREAM IN EACH CUP 'n TO REALLY MAKE hit gud drap IN A LITTLE chopped HARD BOILED AIG.



chitlin's

SINCE CHITTERLINGS BE THE SMALL INTESTINE
OF AN ANIMAL, CLEANIN' IS MOST IMPORTANT.
WHEN THE OUTSIDE IS CLEAN, TURN 'EM INSIDE
OUT 'N CLEAN. NOW CUT 'EM OPEN 'N INTO
SECTIONS 'N SOAK OVERNITE IN SALT WATER.
PAR BOIL FURST 'N THEN DIP IN DATTER.
SALT 'N PEPPER. FRY TO A GOLDEN BROWN
IN LARD IF DIG CHITLINS..... IN DEEF DRIPPIN'S
IF CALF CHITLIN'S. SERVE 'EM TO YO FRIENDS
'N WE GUARANTEE YO'LL GIT COMMINTS!

SCRAPPLE

1 DIG LIVER
3 SAGE LEAVES
1/2 tsp. SALT

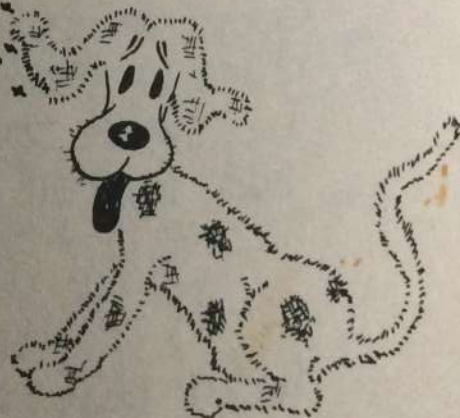
1 pt. CORN MEAL
1 RED PEPPER pod
1/2 tsp. PEPPER.

BOIL LIVER IN WATER WID PEPPER TIL
TENDER... THEN GRIND HIT UP. STIR MEAL
IN DOILIN' STOCK.... COOK SLOW LAK TIL MEAL
IS WELL DONE. TAKE PEPPER POD OUT 'N
DRAP IN LIVER, SAGE, SALT 'N PEPPER. NOW
CHILL. SLICE 'N COOK IN OVEN TO DROWN.

* * * * *

* In cookin' vegetables, cover them *
* that grows underground n leave *
* uncovered them that * * * * *

* grows above the ground. *
* * * * *





A RECIPE FOR YO
HEALTH IS NEVER
STEAL YO
NEIGHBORS RECIPE!



CHICK'N 'N DUMPLIN'S

COVER ONE BIG OLE FAT HEN
WID WATER 'N SIMMER WID
ONE SPRIG EACH OF PARSLEY 'N THYME PLUS
2 Tbsp. CHOPPED PARSLEY....SALT 'N PEPPER.
COOK KIVERED TIL TENDER.

DUMPLINS

1 CUPPA BUTTERMILK
1/2 TSP. SODIE
FLOUR ENUFF TO MAKE STIFF BATTER.

1 BEAT UP AIG
1 PINCHA SALT

KINDA BREAK UP CHICK'N..... GIT HIT ABAILIN'
AGIN..... DRAP A SPOONFUL OF DUMPLINS AT
A TIME IN..... COOK FOR BOUT 20 MIN. BUT
DON'T TAKE THE LID OFF. HITS DELECTABLE!

AUNT CINDY'S CHICK'N PIE

CUT UP A CHICK'N... ALMOST KIVER HIT WID
WATER....SALT 'N PEPPER.... 'N COOK TIL HITS
ALMOST TENDER. NOW PLACE A LAYER OF
CHICK'N IN A DEEP PAN....SALT, PEPPER 'N
BUTTER.... NEXT LAY STRIPS OF PASTRY
OVER THIS. ADD ANOTHER LAYER OF
CHICK'N 'N SUM MORE SEASONIN'. PORE
1 CUPPA COWS MILK 'N THE BROTH OVER
THE CHICK'N. NOW KIVER THE PAN WID
PASTRY... SLING A LITTLE BUTTER AROUND
ON TOP 'N COOK IN A MODERATE OVEN TIL
DONE. SET A FEW EXTRA PLACES CAUZ
SUM COMPANY IS SHORE TO CUM.

RUPERT'S RABBIT PIE

1 DEAD RABBIT 1 ONION
4 SLICES FRIED BACON DASH PEPPER
1 TSP. CH. PARSLEY 1/2 TSP SALT
2 SLICED BOILED AIGS PIE CRUST
1 PINCHA SAGE



UNDRESS RABBIT 'N BATHE HIT. TAKE THE MEAT OFF 'N THE BONES 'N SOAK IN COLD WATER DRAIN. PUT IN A PAN, COVER WID WATER 'N BOIL FUR DOUT 15 MIN. WID SALT, PEPPER 'N ONION. THEN PUT IN DIE PAN WID BACON, PARSLEY, AIGS, SAGE 'N SUM STOCK. KIVER WID DIE CRUST 'N BAKE FUR AN HOUR AT 375°. WHILST THIS IS A'COOKIN' GO OUT 'N SET THE RABBIT TRAP AGIN.

FANNY'S FRIED FATBACK wid MILK GRAVY

TRIM OFF THE EDGES OF 1/4 LB. FATBACK 'N KNIFE THE EDGES SO HIT WON'T CURL UP. LET HIT STAY IN BOILIN' WATER FUR DOUT 3 MIN. THEN DRY. NOW PUT CORN MEAL ALL OVER IT 'N DRAP IN A COLD SKILLET. NOW COOK HIT SLOW LAK 'TIL HIT'S BROWN DRAIN ON PAPER. PUT 2 TBSF FLOUR AN 2 TBSF OF DRIPPIN'S IN THE SKILLET 'N BROWN. ADD A PINT OF MILK SLOW 'N DON'T STOP A'STIRRIN'. SIMMER 'TIL HITS THICK 'N SEASON WID SALT 'N PEPPER. SERVE DIS WID HOT DISGITS 'N GIT OUTTA THE WAY.

* * * * *
* Ifn you'll keep yo mouth shet whilst *
* peelin' onions you won't cry keepin' *
* yo mouth shet cud keep you from *
* cryn about a lotta other things too. *
* * * * *



FLOSSIE'S FRIED CHICK'N

WHACK UP A NICE young chick'n into
PIECES AN SALT 'N PEPPER EACH PIECE..
NOW sift. TOGETHER IN A PAN 2 CUPS
OF FLOUR, 1 tsp. BAKIN' POWDERS 'N
 $\frac{1}{2}$ tsp. SODIE. ROLL EVER PIECE OF CHICK'N
AROUND IN THIS TIL THEY'S KIVERED GUD.
NOW DRAP KINDA CAREFUL LAK INTO A
SKILLET OF HOT GREASE. COOK TO A
DEWTFUL GOLDEN BROWN ON BOTH SIDES
'N PUT ON SUM DROWN PAPER. PORE OFF
GREASE BUT LEAVE ENUFF TO DROWN THE
FLOUR YOU HAD LEFT. SHAKE SUM SALT
'N PEPPER TO TASTE.... STIR A MITE TO
KEEP FRUM SKORCHIN'.... THEN ADD SUM
WATER 'N SWEET MILK. NOW LET HIT COOK
TIL HIT GITS JEST RITE. PORE THIS ON
SUM DISGITS AT THE TABLE, 'N GIT READY
TO FIGHT THE DOGS OFF.

LEG OF LAMB

RUB PREPARED MUSTARD OVER THE
LAMB..... SALT 'N PEPPER 'N PUT SMALL
PATS OF BUTTER ON THE TOP. PUT IN
A PAN 'N COOK UNKIVERED AT 325°
TIL TENDER (BOUT 2 1/2 HOURS)
BASTE WID THE NATURAL FAT
THAT DRIPS FRUM THE MEAT
WUNST IN A WHILE. SERVE
MEAT HOT. BE SHORE TO
SERVE SUM APPLE SAUCE
WID HIT.





MAH RECIPE JUS
CALLS FUR A PINT!

LIZZIE'S SAUSAGE-APPLE-TATER PIE

1/2 LB. SAUSAGE	1/2 tsp. SALT
2 SWEET TATERS	1 TBSP. FLOUR
3 APPLES	2 TBSP. SUGAR
1/2 CUP COLD WATER	1 TBSP SAUSAGE drippin's

MAKE SMALL BALLS OUTTA SAUSAGE....
SKIN TATERS..SKIN APPLES 'N CORE...SLICE.
MIX SALT, FLOUR, 'N SUGAR 'N STIR HIT
INTO WATER. FIX 2 'R 3 LAYERS OF THE
SAUSAGE, TATERS 'N APPLES IN A BAKIN' PAN,
'N POUR SUM OF THE FLOUR 'N SUGAR MIXTURE
OVER EACH LAYER...JIST USE APPLES 'N SAUSAGE
ON THE TOP LAYER. Add the drippin's 'N
KIVER. BAKE FUR 'BOUT 45 MIN. IN A 375°
OVEN. THIS IS LIZZIE'S OLD MAN'S FAVORITE.

PETUNIA'S HOPPIN JOHN

4 OZ. SALT PORK	1 qt. WELL WATER
1 1/2 CUPS BOILED RICE	SALT 'N PEPPER
2 1/2 CUPS BLACK-EYED PEAS (SOAKED OVER-NITE)	

WASH SALT PORK 'N jist BARELY cut ON side
of it. SIMMER fur 2 hrs. IN WATER wid
A LID ON. Add PEAS 'N COOK SLOW LAK wid
THE LID BACK ON...STIR A gud bit. WHEN
THE PEAS IS TENDER DUMP IN BOILED RICE
'R YOU KEN PUT PEAS 'N POT LIKKER (THE
JUICE) ON TOP OF RICE. BE SHORE TO HAV
CORNBREAD CAUZ EATIN' CORNBRED SOP-
PEL IN POT LIKKER IS LAK GOIN' TO
HEAV'N EARLY!

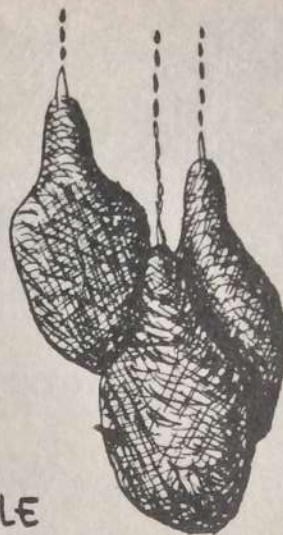
LET HA
FUR ER
REEL
SUGAR
SCRUB
MEAT.
BOTTO
A Lit
LAY +
SPRIN
ON A
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OLE RECIPE TO CURE HAMS



LET HAMS GIT THOROUGHLY COOLED.
FOR EACH 100 LBS. OF MEAT MIX
REEL gud 7 LBS. SALT, $2\frac{1}{2}$ LBS.
SUGAR 'N 2 oz. OF SALT PETER.
SCRUB THIS MIXTURE INTO ALL THE
MEAT. PUT A LAYER OF SALT IN THE
BOTTOM OF A WOODEN BOX 'N SPRINKLE
A LITTLE OF THE MIXTURE OVER THE SALT.
LAY THE HAM ON THIS (SKIN SIDE DOWN)... 'N
SPRINKLE REST OF MIXTURE OVER THEM. PUT
ON A LITTLE MORE PLAIN SALT 'N LET 'EM LIE
THAIR 'N CURE. (HIT TAKES $1\frac{1}{2}$ DAYS FOR
EACH LB. IN COLD WEATHER.... IF WEATHER IS
WARM TAKE OUT A FEW DAYS EARLY) WHEN
CURED TAKE 'N WASH IN LUKEWARM WATER
.... KIVER WID RED 'N BLACK PEPPER MIXED.
NOW HANG 'N SMOKE CONTINUOUSLY FOR 4
DAYS USIN' HICKORY, APPLE, SASSAFRAS WOOD
'N CORN COBS (SMOKE FROM THESE GIVS 'EM
A DELISHUS FLAVOR)... TAKE DOWN 'N WRAP
IN SEVERAL THICKNESSES OF BROWN PAPER.
.. SACK 'N HANG UP TIL USED.... ALWAYS SOAK
IN WATER BEFORE COOKIN'.

OLE RECIPE FOR MAKIN' SAUSAGE



GRIND 9 LBS LEAN PORK 'N 1 LB. PORK FAT.
MIX 'N ADD:
4 LEVEL Tbsp. SALT
 $\frac{1}{2}$ tsp. GINGER
 $\frac{1}{2}$ tsp. SAGE
1 Tbsp. BLACK PEPPER
1 Tbsp. RED PEPPER

MIX WELL 'N PUT IN FREEZER CAUZ YOU
AIN'T AGONNA STUFF 'EM IN SKINS 'N
SMOKE 'EM LAK WE USTA HAVTA DO.



AUNT ETTA'S COOKIES

PASTRY

1 cup of flour 1/2 cup butter
1 PACKAGE CREAM CHEZ

Mix this PASTRY 'N PUT HIT IN A COOL
PLACE OVER NITE.

FILLIN'

1/2 cup ground nuts 1 cup of sugar
8 oz. chopped dates 1 cup of water

Mix thez together 'N BOIL TIL THICK..
...STIRRIN' OFTEN. LET HIT COOL FORE
YOU PUTS IN PASTRY.

ROLL PASTRY AS THIN AS YOU KEN HANDLE
'N CUT WID SMALL CUTTER. PUT A SMALL
AMOUNT OF FILLIN' ON THE CUT PASTRY
'N KIVER WID ANOTHER PIECE. MASH 'EM
TOGETHER AROUND THE EDGES ...SPRINKLE
EACH ONE WID A LITTLE SALT 'N BAKE
AT 350° IN A PAN WHAT AIN'T GREASED.
THEZ ARE SO GUD THEY MITE MAKE YOU
SWALLOW YO TONGUE.

MA'S MOLASSES BROWNIES

CREAM 1 cup butter, 1 cup sugar ... 1 cup
MOLASSES. BEAT 4 AIGS (SAVE 1 AIG WHITE FUR
ICIN') 'N ADD. GRADUALLY STIR IN 1 cup of
FLOUR. NOW ADD 'N MIX 1 cup of NUTS 'N
1 tsp. VANILLY.... BEAT. BAKE ON A SHEET
'N MAKE DOUT 3/4 in. THICK..... CUT INTO
SQUARES WHEN COOL. KIVER WID BOILED
ICIN' 'N YOU HAV A FLAVORFUL DELITE.

ROWENA'S COOKIES

ROWENA SEYS THEZ KEN BE MADE
A WEEK AHEAD OF TIME CAUZ THEY
KEEPS REEL gud.

1 CUPPA SUGAR	3 CUPS FLOUR
1 CUPPA BUTTER	2 HEN AIGS
1 Tbsp. NUTMEG	2 Tbsp. SINAMON



MIX THE BUTTER WID THE FLOUR gud....
ADD THE SEASONIN, AIGS 'N SUGAR... MIX
UP IN ONE DIRECTION (WHEN YOU CHANGES
STIRRIN' ROUND ONE WAY TO THE OPPOSITE
WAY, YOU IS GONNA HAV SUM BAD LUCK!)
AFTER YOU CHILL THIS, ROLL OUT THIN LAK
ON A SUGARED BOARD. CUT OUT IN FANCI-
FIED SHAPES 'N PUT ON A GREASY COOKIE
PAN. BAKE AT 375° TIL A LITE BROWN.
THEY GITS BETTER EVER DAY!

JENNIES HARD TACK

BEAT: 3 AIGS 'N 1 CUPPA SUGAR.
ADD: 1 CUP FLOUR 1 CUP CHOPPED WALNUTS
PINCHA SALT 1 TSP BAKIN' POWDERS
1 TSP. VANILLY 1 CUP CHOPPED DATES
OIL 'N FLOUR A SHALLOW BAKIN'
PAN. PORE THAT DATTER IN 'N
COOK FUR DOUT 20 MIN.. CUT 'N
ROLL AROUND IN SUM POWDERED
SUGAR. THEZ TASTY MORZELS
JIST GOES REEL gud WID
TEA 'N GOSSIPIN!





GRANNY'S SUGAR COOKIES

1 cup butter

2 aigs

2³/₄ cups flour

1¹/₂ cups sugar

1 tsp well water

1 tsp bakin' powders

1 tsp. vanilly

CREAM BUTTER 'N SUGAR. Add aigs one at a time whilst mixin'. Put in part of flour (mix) 'N THEN COLD WATER. NOW Add REST of flour (mix). Let sit thair bout 10 min. 'N drop (by tsp.) ON to a GREASY COOKIE PAN. BAKE IN 375° OVEN.

STRAWBERRY PIE

1/4 lb. butter

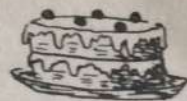
1 cup sugar

3 aig yolks

CREAM SUGAR 'N BUTTER Mix in aig yolks REEL gud.

LINE PAN wid PASTRY 'N Add ABOVE. Put 1 cup SLICED BERRIES ON TOP 'N COOK AT 300° til firm. BEAT aig whites. Add tbsp. sugar 'N 1/2 tsp. VANILLY. SPREAD dis OVER COOKED PIE 'N THEN DROWN IN OVEN.

MABELINE'S CREAM PIE



$\frac{3}{4}$ cup sugar
 1 cup flour
 $\frac{1}{2}$ cup boilin' milk
 2 hen aigs
 $\frac{1}{2}$ tsp. bakin powder
 pinch of salt
 $\frac{1}{2}$ tsp vanilly

Sift 'N MEASURE flour Add bakin' powder,
 sugar, 'N salt ... RESIFT 4 TIMES. BEAT
 aig yolks BEAT aig whites stiff ... THEN
 MIX. EASY LAK, fold the flour mixture
 INTO the aigs. Add milk slowly ... MIXIN'
 ALL the time ... 'N the vanilly. BAKE IN
 A DEEP CAKE PAN IN MEDIUM OVEN FOR 35
 MIN. WHEN COOL SPLIT LAYER WID KNIFE
 'N PUT BACK TOGETHER WID CREAM FILLIN.

CREAM FILLIN

$\frac{1}{2}$ cup sugar
 1 cup milk
 1 tsp. butter
 2 tdbsp. cornstarch
 2 hen aigs
 $\frac{1}{2}$ tsp. vanilly
 1 pincha salt

BRING MILK TO A BOIL. BEAT AIGS 'N MIX
 WID 'EM THE SUGAR, CORNSTARCH 'N SALT.
 SLOW LAK PORE SCALDED MILK INTO THIS,
 'N ADD BUTTER COOK IN A DOUBLE
 BOILER ... STIRRIN TIL THICK 'N SMOOTH.
 ... STIR IN FLAVORIN' 'N SLAP ON CAKE.
 NOW THIS HERE IS FLAVORSUM BUT IFN
 YOU WANTS TO CHANGE HIT DO JIST LAK
 MABELINE DID. SHE WOULD SLIP IN
 DANANAS 'R STRAWBERRIES 'R PEACHES
 'R BLACKBERRIES 'R ANYTHING 'N THE
 FAMILY THOUGHT HIT WUZ SUMPN DIFFERUNT.



SAMANTHA'S SWEET TATER PIE

Boil 'n mash up 3 medium size sweet taters. whilst they's still hot, add $\frac{1}{2}$ lb. butter, $1\frac{1}{2}$ cups sugar 'n a dash nutmeg, sinamon, 'n ginger. Mix up 'n if'n it's too thick, drap a lil water in.

Toppin'

Mix 1 headin' tbs. each of butter, sugar, 'n flour 'n sprinkle on top of taters.... Now bake in an uncooked pie crust at 325° til the crust is a prutty brown.

LEOLA'S OLE TIMEY LEMON PIE

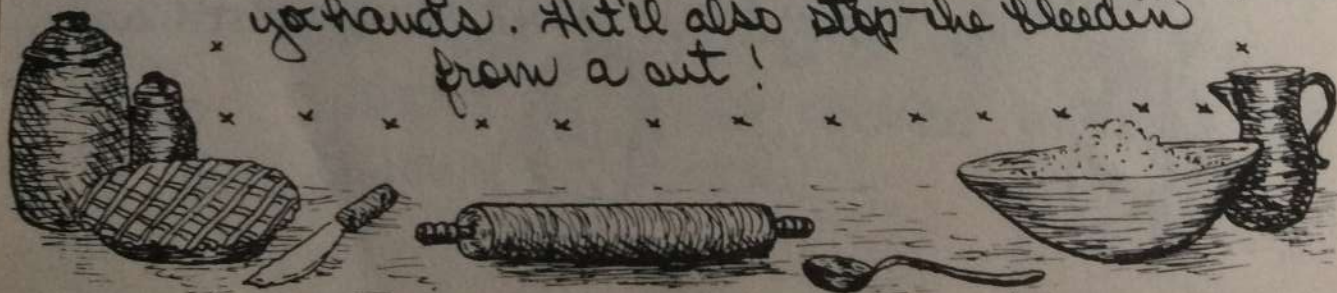
$1\frac{1}{2}$ cups sugar
3 lemons
8 eig yolks (the yellow part)

1 tbs. flour
1 tbs. butter

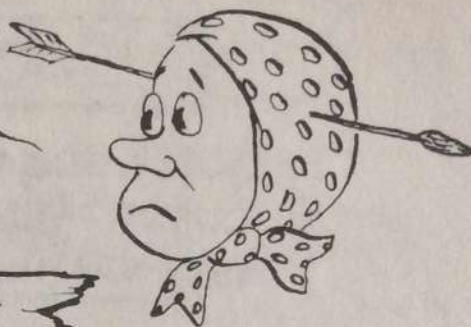
Mix sugar, flour add eig yolks 'n soft butter. Cream together 'n add lemon juice. Put everthang in an uncooked pastry 'n bake til firm. Now half beat eig whites, add $\frac{1}{4}$ tsp. cream of tartar... 'n beat 'em til theys stiff. Now fold in 16 tbs. sugar 'n spread over pie. Bake til marrang is brown. All dis makes 2 pies..... we never did hav enuff when we baked jist one.

* * * * *
* you always gets more juice from lemons 'n oranges if you soak 'em in hot water fore you squeezes 'em. *

* Lemon juice will take fruit stains off'n your hands. It'll also stop the bleeding from a cut! *



COOKIN' IN DE OLE DAYS
CUD GIT A MITE
DANGERUS!



TESSIE'S CHESS PIE

1 CUPPA SUGAR
3 BEAT EGGS
1/4 LB BUTTER

1 TBSP. CORN MEAL
1 1/2 TBSP. VINEGAR
1/2 TSP. VANILLY

MELT THE BUTTER 'N ADD ALL THE REST
OF THE INGREDIMENTS. MIX HIT ALL UP 'N
POUR INTO AN UNCOOKED PASTRY. COOK
UNTIL KINDA FIRM.

AMANDA'S APPLE PAN DOWDY

4 1/2 CUPS SLICED APPLES (THIN) 1/4 CUP WATER
1/2 CUPPA LITE MOLASSES 3 TBSP BUTTER

PREHEAT OVEN TO 375°. LITELY GREASE A
BAKIN' DISH. COMBINE APPLES, MOLASSES,
BUTTER 'N WATER 'N BRING TO A BOIL
OVER MEDIUM HEAT. STIR ONCE IN A
WHILE 'N THEN PUT IN A BAKIN' DISH.

TOPPIN'

2 CUPS BISQUIT DOUGH
1/2 TSP. CINAMON
1/4 TSP. NUTMEG

3 TBSP. SUGAR
3/4 CUP MILK
LITE CREAM

DUMP DOUGH, SUGAR, CINAMON 'N NUTMEG
INTO A SMALL BOWL 'N MIX. ADD ALL THE
MILK 'N STIR TIL THE DRY INGREDIMENTS
ARE MOISTENED. DROP IN A TBSP. ONTO
HOT APPLE MIXTURE. BAKE FOR 20 MIN.
TIL TOPPIN IS DROWN 'N FIRM.
SERVE WARM WID CREAM.

LIZA'S CREAM CUSTARD

1 CUPPA SUGAR
½ CUPPA FLOUR
1 TSP. VANILLY

2 AIG YOLKS
2 Tbsp BUTTER
1 PT. MILK

MIX SUGAR, FLOUR 'N BUTTER TOGETHER...
... ADD AIG YOLKS 'N BEAT WELL
... THEN ADD SWEETMILK. COOK ALL THIS
IN A DOUBLE BOILER TIL THICK ... COOL
'N ADD VANILLY. NOW PUT IN A COOKED
PASTRY. MAKE SUM MARRANG ... BEAT
TIL STIFF THE AIG WHITES 'N ¼ TSP.
CREAM OF TARTAR ... THEN BEAT IN 2
Tbsp. SUGAR FOR EACH AIG WHITE. PUT
ON TOP OF CUSTARD 'N STICK IN OVEN
TIL MARRANG IS A DELIKATE BROWN.
THIS'LL GIT ET UP IN A HURRY!

x x x x x x x x x x x x x x x x
x When cream wont whip, drap in x
x an aig white ... it'll whip then x
x if both are chilled. x

x To keep icin soft, add a pinch x
x of bakin sodie to the aig whites x
x before beatin. x

x Sugar in fried pies, fritters, etc. x
x should alwys be added to the x
x milk. This keeps the pies from x
x absorb'in' the fat whilst fryin. x

x Custards will be smother if the x
x milk used is first scalded an x
x cooled before mixin. x
x x x x x x x x x x x x x x x x





RACHEL ALLUS LEAVES OUT
ONE INGREDIENT!

RACHEL'S GINGER BREAD

3 cups FLOUR
1/2 cup BUTTER
2 EGGS
1 cup SUGAR
1 cup SORGHUM SYRUP
1 cup HOT WATER (1 tsp. soda in it)
1 tsp CINAMON 1 tsp ginger



WARM UP BUTTER, ADD SUGAR 'N CREAM.
ADD EGGS 'N BEAT EVER TIME YOU PUTS
ONE IN. NOW THE SYRUP GOES IN BUT ADD
THE FLOUR SLOWLY. MIX WELL 'N BAKE IN
A GREASY PAN (W/ID PAPER) AT 350° TIL
FIRM. YOU KEN ADD RAISINS 'N NUTS IF'N
YOU GOT ENY. PUTTIN' CREAM 'R LEMON
SAUCE ON TOP WILL EXCITE UP TASTEBUDS.

SALLY SUE'S SHORTNIN' BREAD

4 cups FLOUR
1 LB. BUTTER 1 cup LITE BROWN SUGAR
SIFT SUGAR 'N FLOUR TOGETHER. CUT THE
WARM BUTTER IN DRY INGREDIENTS.
MIX TIL HITS FIRM. ROLL OUT TIL HITS
DOUBT 3/4 IN. THICK, THEN CUT OUT IN ENY
SHAPE YOU LAK. BAKE AT 325° ON A
COOKIE PAN TIL HITS A LITE BROWN.

* * * * *
* the food that melts in yo mouth *
* is usually gonna wind up *
* abuloin' in the mirror. *
* * * * *



FLO'S FRUIT CAKE

NO AIGS 'N NO BUTTER!



1 LEVEL TSP. SODIE
1 LEVEL TSP. SALT
1/2 CUP BUTTERMILK
1/2 CUP SOUR CREME
2 3/4 CUPS FLOUR

1 CUP BROWN SUGAR
1 LEVEL TSP SINAMON
1 PACKAGE SEEDED RAISINS

1/2 CUP MOLASSES
1/2 TSP. ALLSPICE
1/2 TSP. GINGER

1/2 LB CRYSTALIZED CHERRIES

1/2 LB " RED PINEAPPLE

1/2 LB " NATURAL PINEAPPLE

1/2 LB CHOPPED NUTS

JUST MIX THIS ALL UP AS BEST YOU KEN
'N BAKE IN A GREASY BROWN PAPER LINED
TUBE CAKE PAN AT 300° FOR SEVERAL HRS.
YOU GOTTSCHA SELF A DILLY OF A FRUIT CAKE.

REDA'S CAN'T MISS WHITE CAKE

CREAM 2 CUPS SUGAR 'N 3/4 CUP BUTTER.
SIFT 2 1/2 CUPS FLOUR, 1 TSP SALT, 'N
2 1/2 TSP. BAKIN POWDERS. ADD FLOUR
'N A CUPPA MILK ALTERNATIVELY....
..1 TSP. VANILLY. THEN FOLD IN 5
BEAT'N AIG WHITES. COOK IN 2 CAKE
PANS AT 350°. YOU COULDN'T MISS
ON THIS ONE IFN YOU TRIED!



MAMA'S POUND CAKE

2 CUPS SUGAR
2 CUPS FLOUR
 $\frac{1}{2}$ LB BUTTER
6 HEN AIGS
1 TSP VANILLY

MIX BUTTER 'N SUGAR
'N CREAM THOROUGHLY. Add 4 AIGS
ONE AT A TIME 'N MIX WELL AFTER
EACH. THEN 1 cup of FLOUR, MIX,
'NUTHER AIG, MIX, OTHER CUP FLOUR,
AIG, 'N MIX SUM MORE. PORE INTO
GREASED TUBE CAKE PAN 'N BAKE AT
325° FOR AN HOUR (PLUS 5 'R 10 MIN.)
Hit's foot stompin' gud.

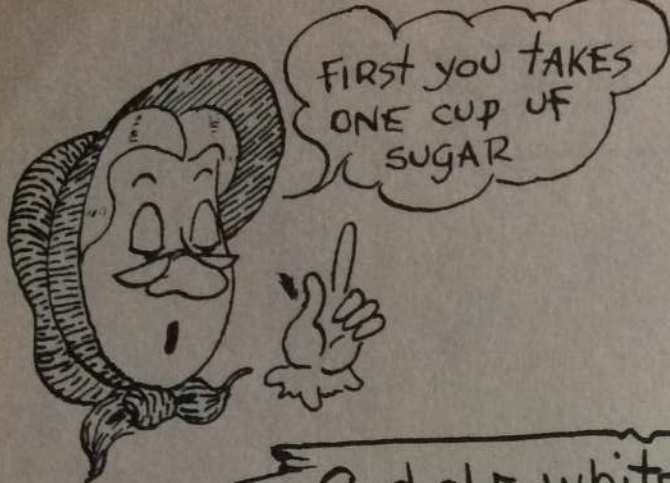


JULIE'S JAM CAKE

5 BEAT AIGS	2 CUPS SUGAR	1 CUP JAM
3 CUPS FLOUR	1 CUP CH. NUTS	1 CUP BUTTER
1 CUP BUTTERMILK	1 CUP CH. DATES	1 TSP SODA
2 PINCHES SALT	$\frac{1}{2}$ TSP CINAMON	$1\frac{1}{2}$ TSP CLOVES
	$1\frac{1}{2}$ TSP ALLSPICE	

CREAM BUTTER 'N SUGAR 'TIL FLUFFY, ADD
AIGS. SIFT FLOUR WID ALLSPICES. PUT SODA
IN BUTTERMILK. ADD FLOUR 'N BUTTER-
MILK (LITTLE OF EACH) TO AIG MIXTURE.
PUT A SMIDGIN OF FLOUR ON NUTS 'N FRUIT.
...ADD. STIR JAM IN LAST. BAKE FOR
30 MIN. IN TWO LAYER PANS
AT 'BOUT 325°.





Gud ole white PULL CANDY

TAKE $\frac{1}{4}$ CUPS SUGAR, $\frac{1}{4}$ CUP WATER, 2 Tbsp. VINEGAR, $\frac{1}{2}$ TSP. BUTTER.... STIR TIL SUGAR IS DISSOLVED. NOW COOK QUICKLY TO FIRM BALL STAGE (250°) 'N DON'T STIR NONE. Add $\frac{1}{2}$ TSP. VANILLY, STIR UP 'N PORE ONTO A BUTTERED SURFACE. LET HIT COOL TIL YOU KEN MAKE A DENT WID YO FINGER. NOW GRAB HOLDT 'N START A'PULLIN' TIL HITS LITE 'N POROUS. LEAVE IN LONG THIN ROPES 'N SLICE IN PIECES. IFN YOU'LL PUT THESE PIECES IN A COVERED TIN, THEY'LL GIT REEL CREAMY. WE MADE THIS AT PARTIES 'N EVERYBODY 'NJOYED PULLIN 'N EATIN'.

POKEY'S POPCORN BALLS

$\frac{1}{4}$ LB. BUTTER 8 qts. POPPED CORN

1 LB. LIL BITTY MARSHMELLERS

MELT BUTTER 'N MARSHMELLERS TOGETHER OVER LOW HEAT. NEXT, PORE THIS OVER POPCORN (DON'T SALT) TIL HITS KIVERED. NOW BUTTER UP YO HANDS 'N MAKE THIS INTO DELISHUS, YUMMY BALLS.



* * * * *
* Never leave someones house thru a *
* different door than the one you entered. *
* * * * *

LAVINIA'S Potato Candy

$\frac{1}{2}$ cup mashed irish taters (buttered)
 2 boxes sifted powdered sugar
 1 tsp. vanilly 1 jar peanut butter
 Mix taters 'n vanilly 'n add sugar
 slowly to make a stiff dough. Roll
 this out reel thin on wax paper. Now
 spread sum peanut butter on 'n roll
 up lak a jelly roll. Cool for 'bout
 an hour 'n cut into pieces.

HENRIETTA'S HOREHOUND CANDY

$\frac{1}{2}$ cups sugar 1 tbsp honey 'r molasses
 1 tbsp butter $2\frac{1}{2}$ cups water
 $\frac{1}{4}$ cup dried horehound leaves (more if you
 $\frac{1}{2}$ cup brown sugar use fresh 'uns)

Boil horehound in water for 15 min.
 then strain. Combine wid dr. 'n white
 sugar, molasses 'n boil til a drop har-
 dens when drapped in cold water. Now
 slip the butter in 'n let hit boil up
 wunst. Pore on a buttered dish to
 harden fore you cuts it.

MIZ MOONEY'S VANILLY ICE CREAM

BEAT 4 aigs 'n $2\frac{1}{2}$ cups sugar
 together. scald 1 qt. of cream
 'n pour hit slowly over aigs 'n
 sugar. Cool this. Add vanilly
 ($\frac{1}{2}$ tbsp.) 'n $\frac{1}{2}$ qts cream 'n one
 pint of milk. Put in a hand
 freezer. 'n start
 CRANKIN!





Tilly's PEANUT BRITTLE

1 CUP OF GRANULATED SUGAR
1 CUP CORN SYRUP
2 TDSPO HOT WATER
1 TBSPO. BUTTER

MIX INGREDIMENTS IN A DOUBLE
BOILER 'N BOIL SLOW LAK TIL SYRUP
GITS HARD 'N BRITTLE INSTANTLY
WHEN DRAPPED IN COLD WATER.
PORE OVER A CUP OF SHELLED PEANUTS
ON A BUTTERED SURFACE. MAKES A
REEL THIN YUMMY BRITTLE.

JESSIE LOU'S MOLASSES KISSES

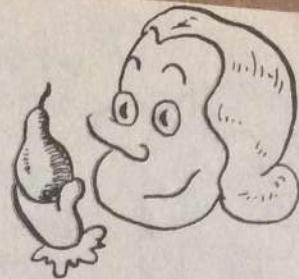


2 CUPS MOLASSES $\frac{1}{4}$ CUP BUTTER
1 TSP. VINEGAR

MELT BUTTER... ADD MOLASSES 'N
WHEN HIT STARTS TO BOIL, START A
STIRRIN'. WHEN A DROP GITS HARD
AS IT HITS COLD WATER - ADD VINEGAR.
STIR IN 'N PORE OVER A BUTTERED UP
PLACE. NOW WHEN HITS COOL ENUFF
SO'S YOU DONT GIT BURNED - PULL TIL IT
GITS A PRUTTY GOLDEN COLOR. STRETCH
OUT IN A BIG ROPE 'N WHACK WID THE
SCISSORS IN 1 IN. PIECES. WRAP IN
PIECES OF BUTTERED PAPER IF'N YOU
HAV ENY LEFT. THIS HERE STUFF IS
YUMMY 'N GUMMY!



PEARL'S PEAR HONEY



PEEL 'N CORE 5 cups ground PEARS.... GRIND 'EM. NOW Add 4 cups SUGAR 'N 1 SMALL LEMON. PEARL didn't hav hit then but she woulda put in a SMALL CAN of CRUSHED PINEAPPLE too. COOK this til hits thick 'N you gotsha' SELF ABOUT 3 pints of HEAVN.



LAVONIA'S PEAR CHIPS

PEEL 'N CORE 8 LBS PEARS 'N USE A MEDIUM SIZE GRATER to cut them into chips. Now Add 8 LBS. SUGAR, 4 SLICED LEMONS 'N 1 PIECE of ROOT ginger. COOK this until thick 'N you'll git ABOUT 8 pints. Put thez ON hot disgits 'N yo tongue WILL LAP 'EM RITE OUTTA yo HAND.

CLOE'S CRANBERRY SAUCE

2 cups of CRANBERRIES
2 cups of SUGAR
 $\frac{1}{2}$ cups of COLD WATER
Boil together at high TEMPERATURE fur bout 20 MINUTES 'N KEEP busy A'STIRRIN'. Try this wid yo NEXT TURKEY.... A COOKED ONE that is!



WHENSH YOU COOKS
WIDST WINE
SHAMPLE
OCCASSIONALLY!



LAVONIA'S GRAPE WINE (FOR LAZY CITY FOLKS!)

Mix 1 12 oz. CAN of FROZEN (CONC.)
GRAPE JUICE, 1 PACKET YEAST, 5 to 6 CUPS
SUGAR (DEPENDIN' ON HOW SWEET YOU WANTS HIT)
'N 3 QUARTS OF LUKEWARM WATER. PUT THIS IN A
GALLON JUG. KIVER WID A BALLOON 'N LET HIT STAND
FOR 3 WEEKS. SIPHON OFF ALL CLEAR LIQUID,
STRAIN 'N BOTTLE. HITS READY TO SIP ON BUT
AGIN' A MITE DO HELP.

LUKEY'S APPLE WINE

LET 1 GALLON OF APPLE JUICE SIT FUR' BOUT
8 HOURS... THEN STRAIN. ADD 2 1/2 LBS. SUGAR.
PUT JUGS (DON'T FILL 'EM TO THE TOP) IN A DARK
WARM PLACE TIL FALL..... THEN BOTTLE BUT
WAIT TIL SPRING TO SEAL.

MELISSA'S MILK PUNCH

Mix 1 Tbsp. SUGAR 'N 1 Tbsp. LIKKER....
POUR OVER 1 BEAT UP AIG. IN A GLASS.
STIR 'N FILL UP WID COW'S MILK. HITS
ALLRITE TO SERVE THIS TO THE PARSON!

AUNT AGATHA'S SKINNY FOLKS TODDY

CHURN 1 qt. MILK, 1 pt. CREAM, 6 Tbsp. SUGAR
'N 4 Tbsp. (HA!) LIKKER. AS THAT FOAM
RISES, SKIM HIT OFF 'N SERVE.

x x x x x x x x x x x x x x x x
x Whiskey never did cure many snakebites,
x but hit there has kept a lotta folks
x occupied so's they cudnt get out whar
x the snakes wurz 'n git bitten!
x x x x x x x x x x x x x x x x



SASSAFRAS TEA



SCRUB THE RED SASSAFRAS
TREE ROOTS TIL CLEAN....
BREAK 'EM UP.....KIVER WID
WATER 'N SIMMER FUR 'BOUT
20 MIN. (SAVE THE ROOTS CAUZ YOU
KEN USE 'EM AGIN) If'n TEA IS
TOO DARK, DILUTE HIT WID ENUFF
WATER TO MAKE A CLEAR RED TEA.
PUT SUGAR 'N CREAM IN IFN YOU LAK.
THIS WUZ A WONDERFUL SPRING
TONIC... KINDA A TREATMINT 'N A TREAT!

GERTA'S GRAPE DRANK

Git 2 CUPS of GRAPE JUICE 'N 4
CUPS of COLD WATER.... 1 CUPPA SUGAR
'N THE JUICE of 3 LEMONS 'N 2 ORANGES.
MIX 'N Git REEL COLD. A SPRIG of
MINT in EACH GLASS MAKES HIT REEL
PRUTTY. THIS WUZA FLAVOR FAVORITE.

* * * * *
* A tiny pinch of soda added to
* coffee before hit boils shere does
* make hit smell 'n taste better.
* * * * *

* The lime deposit that forms in
* the bottom of a kettle ken be
* got out by boilin' vinegar
* in the kettle.
* * * * *

AUNT HETTIE'S GREEN MATER PICKLES

7 lbs GREEN MATERS 2 cups LIME
2 gals WATER

SOAK FOR 24 HRS, THEN SOAK FOR 4 HRS
IN CLEAR WATER, CHANGIN' HIT EVER HR.
BRING TO A BOIL 3 PTS. WH. VINEGAR.
5 LBS. SUGAR, 3 TBS. SALT 'N SPICE.
POUR SYRUP OVER MATERS 'N LET ALONE
FOR 12 HRS. Add SUM Food COLORIN' 'N
BOIL FOR 'BOUT AN HR. FORE YOU PUT
IN JARS 'N SEAL.

BOOGAR HOLLOW RELISH

10 GREEN 'MATERS 10 RED 'MATERS
12 MED. ONIONS 1 HOT PEPPER
4 GREEN BELL PEPPERS 1 LGE CABBAGE
4 RED BELL PEPPERS

RUN ALL THRU COARSE CHOPPER. PUT $\frac{1}{4}$
CUP SALT OVER THIS.... LET STAND OVER-
NITE. SQUEEZ 'N DRAIN WELL.....PUT
IN LARGE BOILER.... ADD 5 CUPS SUGAR,
1 BOX ($1\frac{1}{2}$ OZ) MUSTARD SEED 'N 1 PT.
WHITE VINEGAR. PUT 1 BOX PICKLIN'
SPICES IN CLOTH.....TIE....DROP IN. LET
ALL CUM TO A BOIL....STIR 'N PUT
IN JARS 'N SEAL. Hit's gud on ANYTHANG.

x x x x x x x x x x x x x x x x
x a lump of sugar put in to boil x
x with green vegetables will im- x
x prove the flavor in preserve x
x their color. x
x x x x x x x x x x x x x x x

VINNIE

10 LBS
1 GAL
 $\frac{1}{2}$ GAL
2 RO

LET
IN
MO
OF
ST
H

VINNIE'S WATERMELON RIND PICKLES

10 LBS RIND (jest the lite GREEN PART)
1 GAL. COLD SPRING WATER
 $\frac{1}{2}$ GAL. VINEGAR
2 ROOTS ginger
3 tbs. LIME
8 LBS. SUGAR
3 TSP. ALLSPICE
2 TSP. CLOVES

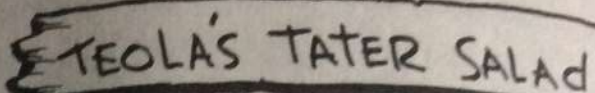
DISSOLVE LIME IN WATER 'N KIVER RINDS.
LET SOAK ALL NITE. RINSE 'N BOIL 'BOUT 20 MIN.
IN WEEK SALT WATER. CHANGE 'N BOIL SUM
MORE (20 MIN) IN CLEAR WATER. THEN POUR
OFF WATER 'N ADD VINEGAR, SUGAR 'N
SPICES..... BOIL FUR 2 HOURS. PUT IN
HOT BOILED JARS 'N SEAL FUR LATER ON.

OLE CHARLIE'S CHOW CHOW

1 GAL GREEN MATERS
1 GAL GREEN PEPPERS
(RED 'R GREEN 'UNS)
1 CUP HOT PEPPERS
(MINCIFIED)
4 LBS. ONIONS
4 HEADS CABBAGE
 $\frac{3}{4}$ GAL VINEGAR
 $\frac{1}{2}$ CUP SALT
3 LBS. BR. SUGAR

BOIL VINEGAR 'N SUGAR FUR 8 MIN.....
COOL. PUT ALL INGREDIENTS THRU A
COARSE FOOD CHOPPER. AFTER MIXIN'
THE SALT IN LET STAND FUR 4 HOURS.
SQUEEZE ALL UF THE JUICE OUT, THEN
ADD COOL VINEGAR. PUT IN JARS 'N SEAL.

* * * * *
* Sugar 'n spice both preserves.... *
* hit kinda boils down to whether *
* you wants to be pickled or in *
* a jam. *
* * * * *



TEOLA'S TATER SALAD

Mix hot taters wid milk ... Mix in other ingredimints (except aig. slices 'n 2 slices bakon) ... thez you sprinkle 'n dekorate wid after you mounds salad up in a bowl. Add a few dashes of paprika 'n a few parsley sprigs. This wuz a favorite "dinner on the ground" food at church 'r served hot 'r cold at home.

BEULAH'S Picnic SALAD

CUT ONIONS 'BOUT THE SAME SIZE AS THE
BEANS 'N MIX AFTER YOU'VE DRAINED BEANS.
HEAT VINEGAR, OIL, SALT 'N SUGAR... BOIL
A SECOND 'N PORE THIS OVER BEANS 'N
ONIONS --- STIR. NOW PUT IN A COLD
PLACE FUR AT LEAST A DAY --- THEN
HIT'S READY.

CLARA BELLE'S COOKIES

1 cup flour 2 tbsps. sugar
 1/4 lb butter

Mix this gud'n pat out REEL thin ON A
BAKIN' SHEET... BAKE FOR ABOUT 10 MIN. TIL
hit BEGINS TO TURN YALLOW (325°)

NOW SPREAD ON A MIXTURE OF

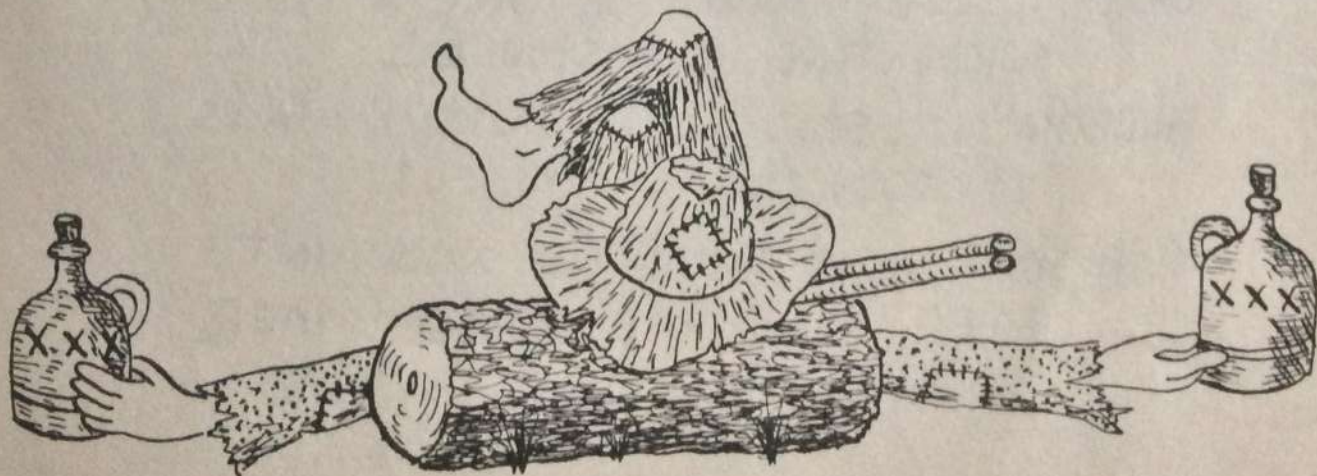
1 1/2 cups DROWN SUGAR 2 Aigs
1 cup chopped NUTS 2 tbsps flour
1/2 cup COCANUT 1/2 tsp. VANILLY

BAKE TIL DROWN (15 MIN).... CUT THE
TOP WHILE WARM.... CUT ALL THE
WAY THRU WHEN THEY'S COOLED.

CLARA BELL THREATENED TO BRING US 18
CATS IFN WE DIDN'T USE THIS... YOU OUGHT
TO GIT EM IFN YOU DON'T TRY THIS'UN.

EFRAIM'S LARD CANDLES

ADD 1 oz of NITRIC ACID TO 8 LBS.
OF BARELY MELTED LARD. MOULD
'EM JIST LAK YOU WOULD TALLOW
'N ADD SUM DEESWAX IFN YOU WANTS
EM TO LOOK LAK THE USUAL CANDLES.





OLE RECIPES FOR BEAUTY



HAIR..... RUB HAIR WID CASTOR OIL 'N WRAP
HOT TOWELS AROUND. TO MAKE HIT
SHINE 'N GLISTEN, RINSE WID VINEGAR.

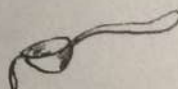
SKIN..... USE LARD 'R SUM OTHER ANIMAL
FAT FOR WEATHER PROTECTION. GLYCERIN
'N ROSE WATER WUZ gud 'N MUTTON FAT
WUZ ESPECIALLY gud fur DRY SKIN IN
COLE WEATHER.

PIMPLES..... USE VINEGAR ON 'EM.

TOOTH WHITNER..... SODA 'N SALT WUZ RUB-
BED ON WID A SWEET GUM TWIG.

SKIN WHITNER..... BUTTERMILK 'N CORN
MEAL WUZ USED ALL THE TIME.

FRECKLES..... RUB 'EM WID STRAWBERRIES.



OLE MEDICAL TIPS R_x

CROUP.... CHOP AN ONION IN AN IRON SKILLET
WID A SPOONFUL OF WATER. BROIL TIL YOU
GITS ENUFF JUICE TO GIV YO CHILE A
HEADIN' TABLESPOON.... THEYLL IMPROVE!

WORMS.... EAT GARLIC 'R TAKE A TSP. OF
TURPENTINE 'N CASTOR OIL.

BLEEDIN'..... STOP HIT BY PUTTIN' WADS
OF COBWEBS ON THE CUT.

THRUSH.... GIT SUMBODY WHO AIN'T
EVER SEED THE CHILD'S FATHER
TO BREATHE 3 TIMES IN THE
CHILD'S MOUTH.



Rollin' & Bakin' in Boogar Follow

A COUNTRY COOKBOOK

